



Key Facts about Emergency Contraception for Victims of Sexual Assault

Emergency contraception can help prevent pregnancy after sexual assault

- It is important to start emergency contraception promptly

Emergency contraception options include hormonal pills, such as

- Progestin-only pills such as Plan B™
- Estrogen/progestin pills such as Preven™ or high doses of regular oral contraceptive pills

Note: Other options may be available. Talk with your medical provider about the best choice for you.

Safe and effective

- Progestin-only pills reduce the risk of pregnancy by 89%*
- Combined estrogen/progestin pills reduce the risk of pregnancy by 75%*
- Emergency contraception is not meant to be used as a regular birth control method

** Pregnancy risk reduction based on one-time use.*

Emergency contraception pills are NOT

- Protection against sexually transmitted diseases, including HIV/AIDS
- The same as RU-486, the abortion pill
- Capable of interrupting an established pregnancy
- Capable of harming a developing fetus
- Capable of affecting a woman's ability to become pregnant in the future

In the case of sexual assault, where can you get emergency contraception pills?

- Hospital emergency rooms in Washington State
- Some pharmacies in Washington State
- Healthcare providers and clinics

**For more information, including participating pharmacies in your area,
call 1-888-NOT-2-LATE (1-888-668-2528), or visit www.not-2-late.com.**

Note: Some birth control information at 1-888-NOT-2-LATE and www.not-2-late.com may not be condoned by all individual beliefs.



This fact sheet was adapted courtesy of the Program for Appropriate Technology in Health (PATH) from its publication, "Key Facts About Emergency Contraception."

Community Sexual Assault Programs

Aberdeen

Beyond Survival
360-533-9751 Toll-Free: 888-626-2640

Bellevue

Children's Response Center
425-688-5130

Bellingham

Whatcom Crisis Services
360-715-1563 Toll-Free: 877-715-1563

Cathlamet

St. James Family Center
360-795-6400

Chehalis

Human Response Network
360-748-6601 Toll-Free: 800-244-7414

Clarkston

Quality Behavioral Health
888-475-5656
For: Asotin Co. – 509-769-2050
For: Garfield Co. – 509-843-3791

Colville

Family Support Center
509-684-6139 Toll Free: 866-373-6627

Davenport

Family Resource Center
800-932-0932

Dayton

YWCA
509-382-9922

Eastsound

Domestic Violence/Sexual Assault Services of
the San Juan Islands
360-376-5979
HOTLINES: 360-376-1234 Orcas Island
360-378-2345 San Juan Island
360-468-4567 Lopez Island

Ellensburg

ASPEN (Abuse Support and Prevention Education)
509-925-9384 Toll Free: 866-925-9384

Everett

Providence Sexual Assault Center
425-252-4800

Forks

Forks Abuse Program
360-374-CARE (2273)

Goldendale

Programs for Peaceful Living
509-773-6100 Toll Free: 800-352-5541

Kelso

Emergency Support Shelter
360-636-8471 or 360-425-1176

Kennewick/Tri-Cities

Sexual Assault Resource Center
509-374-5391 Toll-Free: 888-846-RAPE (7273)

Kennewick – serves Benton and Franklin Counties

Domestic Violence Services of Benton and
Franklin Counties
800-648-1277

Morton

Human Response Network
360-496-5134

Moses Lake

New Hope
509-764-8402 Toll-Free: 888-560-6027

Mount Vernon

Skagit Domestic Violence/Sexual Assault
360-336-9591 Toll-Free: 800-726-6010

Naselle

Crisis Support Network
800-435-7276

Newport

Pend Oreille Crime Victim Services
509-477-2274 HOTLINE: 509-447-5483

Oak Harbor

CADA (Citizens Against Domestic Violence and
Sexual Abuse)
360-675-2232 Toll Free: 800-215-5669

Olympia

Safe Place
360-754-6300

Omak

The Support Center
509-826-3221 Toll-Free: 888-826-3221

Port Angeles

Healthy Families
360-452-4357 or 360-452-3811

Port Orchard

Kitsap Sexual Assault Center
360-479-1788

Port Townsend

Domestic Violence/Sexual Assault of Jefferson
County
360-385-5291

Pullman

ATVP (Alternative to Violence of the Palouse)
509-332-HELP (4357)

Renton

KCSARC (King Co. Sexual Assault Resource Center)
888-998-VOICE (6423)

Republic

Connections
509-775-3331

Ritzville

Adams County Resource Center
509-989-1027

Seattle

ADWAS (Abused Deaf Women's Advocacy Services)
888-236-1355
HCSATS (Harborview Center Sexual Assault and
Traumatic Stress)
206-521-1800

Shelton

SPIPA (South Puget Intertribal Planning Agency)
360-490-5713 or 360-426-3241

Shelton

Turning Pointe
360-432-1212

Spokane

Spokane Sexual Assault and Family Trauma
Response Center
509-624-RAPE (7273)

Stevenson

Skamania Co. Council on Domestic Violence and
Sexual Assault
509-427-4210 Toll-Free: 877-427-4210

Sunnyside

Lower Valley Crisis and Support
509-837-6689

Tacoma

Sexual Assault Center of Pierce County
253-474-7273 Toll-Free: 800-756-7273

Vancouver

Clark County Sexual Assault Program
360-695-0501 Toll Free: 800-695-0167

Walla Walla

YWCA
509-529-9922

Wenatchee

Wenatchee Domestic and Sexual Violence Crisis Ctr.
509-663-7446 Toll-Free: 800-888-HELP (6388)

White Salmon

Programs for Peaceful Living
509-493-1533 Toll Free: 800-352-5541

Yakima

Yakima Sexual Assault Unit
509-452-9675 or 509-576-4326



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Sincerely,
Health Education Resource Exchange Web Team

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